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Community Spotlight Looking to increase your community's awareness of diabetes? Try a Community Diabetes Day

by Kim Handley, RD, CDE, Campbell County Memorial Hospital, Gillette, WY

If you are looking for ways to reconnect with former patients, heighten awareness about diabetes in your community, promote your service, new products/technology or research; you may want to consider a Community Diabetes Day. Several communities around the state have used this avenue to provide further education and self-management for people with diabetes.

The Diabetes Care Center in Casper sponsored a Diabetes Health Fair this year with vendor and information booths, mini presentations or demonstrations, entertainment, prizes and light snacks. They had 150 participants that enjoyed the Fair and learning new things.

The Billings Clinic in Cody, along with West Park Hospital, sponsor two events a year. Using the theme months of February (National Heart Month) and November (National Diabetes Month) as a platform for the events, the local participants are provided opportunities to learn more about new topics in diabetes management or treatment.

The Diabetes Center in Gillette, at Campbell County Memorial Hospital, sponsors a Diabetes Day about a month after the county health fair. Typically one or two guest speakers (physicians, behavioral health, motivational speaker, etc) will present on a new topic and the CDE's will present on a topic. Participants receive a lunch, with recipes included, prizes from vendors, and

new information on how to manage their disease. Typically 80-100 people attend.

To help fund this event, tap into your local and regional vendors – pharmacy, home health agencies, pharmaceutical, glucometer, and insulin pump companies. They typically enjoy the exposure and the opportunity to talk directly with the people. However, keep in mind that healthcare costs are escalating and there are limits to the amount of money these vendors can spend on these events. Check with local churches, event centers, or hotels to see if they will let you use their facilities for a reduced cost or free. Some of the cost can be passed along to the participants, especially if a meal is going to be served.

For topics and speakers, utilize local or regional talent. There are many healthcare providers, CDE's, or diabetes champions in this state or in the surrounding states that enjoy the opportunity to share with people how to live triumphantly with diabetes.

Community Diabetes Days require extra effort on your part, but can be very rewarding and fun for

all involved. If you need help getting started or have some questions, consider contacting any of the CDE's at the above facilities.



cardiac corner

Reduced mortality rate New hope for deadliest form of stroke

by Paul Knepp, CVD Prevention Program Coordinator, Department of Health

Using information received from those hospitals in Wyoming who report, we know there were 956 strokes in 2004 costing over \$13M. It is estimated by the Centers for Disease Control and Prevention, that 20% to 30% of those were hemorrhagic. As you know, hemorrhagic strokes are the deadliest form of stroke with only supportive care associated with it. Until now. Entering Phase III clinical trial is a new treatment for hemorrhagic stroke. Recombinant Factor VII (rFVIIa) has shown positive results in significantly reducing the amount of blood that collects in the brain after a hemorrhagic stroke.

rFVIIa is a initiator of hemostasis and is currently approved for the treatment of hemophilia. Patients with hemophilia use this medication to stop bleeding or bruising and it has proven to reduce the mortality rate of hemorrhagic stroke up to 38% when given within three hours of stroke symptom onset. According to Dr. Stephan Mayer, Associate Professor of Clinical Neurology & Neurosurgery and Director of Neurological Intensive Care Unit of Columbia University, "NovoSeven (rfVIIa) has the ability to prevent nearly a teaspoon of bleeding in hemorrhagic stroke patients."

rFVIIa is currently in Phase III trial to confirm the impressive results of the Phase II trial. If the trial goes as smoothly as Phase II, the manufacturer will work for FDA approval in 2007.



Improving health through collaboration!



by Dian True, MA, RN, CDE, Cody Diabetes Team

Improving the cardiovascular risk for women and people living with diabetes was the focus of a 16 week workplace and 12 week community-based winter 2006 program in Cody, Wyoming. The program was designed to promote weight loss through increased activity and exercise, knowing your blood pressure, and improving dietary choices for healthier meal plans. Gaining an understanding of how these components help improve and maintain better glycemic control was beneficial to program participants.

Using grant funds from the state's Heart Disease and Stroke Prevention Program, the Cody Diabetes Team coordinated with the local community hospital and our primary outpatient clinic to market and present these programs. Serving nearly 70 people, community members and staff from both facilities were able to participate in this great opportunity.

During the programs, the clinic and hospital used community and facility based experts to deliver nutrition, exercise and general education counseling for the programs. The program allowed participants to have self-paced exercise times and individual and group nutrition counseling was available. The diabetes team lent their certified educators for the diabetes portions of the program. The overall outcomes were excellent and planning for a 2007 program is currently underway. This was an excellent example of community collaboration and partnership.





What's happening around Wyoming — August 2006

Afton:

Star Valley Medical Center is working towards an ADA recognized diabetes education program. Please look for Maurene Rash, RN (307-885-5835, mrash@sv-mc.org), Doreen Ward, RD, and Lonnie Dobbler, R.Ph at the state diabetes conference and welcome them into the Wyoming diabetes educator's circle.

Buffalo:

Johnson County Healthcare Center is participating with Billings Clinic in a year-long diabetes pilot project. A different diabetes indicator is addressed each month, and data is being collected and analyzed. We look forward to seeing the final results of this study and applaud JCHC for their contribution to diabetes quality improvement. For more information contact Karen Sullivan, RN at 307-684-6320, KarenS@jchealthcare.com.

The Veterans' Home of Wyoming is the first and only Assisted Living Facility in Wyoming to use the Diabetes Quality Care Monitoring System (DQCMS) to track residents with diabetes. Marlene Schuman, RN, Nurse Manager (307-684-5511, MSCHUM@state.wy.us) states that 25% of Veteran's Home residents have diabetes. Congratulations, Marlene, on providing high quality care to your residents with diabetes!

Casper:

Please welcome **Dr. Babak Pazooki, MD, M.Sc. , Endocrinologist.** Dr. Pazooki is the Director of the Wyoming Medical Center Diabetes Care Center and looks forward to being involved with diabetes care in Wyoming. He welcomes referrals and can be reached at the Wyoming Endocrine and Diabetes Clinic, 419 S. Washington Street, Suite 200, Casper, WY 82601. Phone: 307-237-8400.

The Wyoming Medical Center is seeking a **Coordinator for the Diabetes Care Center** (577-2592). For more information or to apply go to www.wyomingmedicalcenter.com

Chevenne:

The Cheyenne Community Clinic, which serves the indigent population and is staffed by volunteer providers, has been able to hire their first paid RN. Please welcome **Judy Perushek, RN** (307-638-6842, cheyclinic@lonetree.com).

United Medical Center is working towards ADA recognition for their diabetes education program. Lucy Stacy, MS, RD, CDE (307-286-0368 <u>Lstacy@umcwy.org</u>) is the program manager. They are searching for an RN diabetes educator, if interested please contact Lucy.

Wyoming Diabetes Prevention & Control Program has an **opening for a health educator**. If interested, please contact Star Morrison, MS, RD (307-777-3579, smorri@state.wy.us) for more information

Cody:

Dian True, RN, CDE, has recently been trained by Pfizer Pharmaceuticals for the new metered inhaled insulin, Exubera. During the annual diabetes conference in Cheyenne in September you will have the opportunity to view the Exubera training video and experience hands-on demonstrations. The Exubera presentation will be during the last part of the WyADE breakfast meeting on Thursday, September 14.

Gillette

Kim Handley, RD, CDE (307-682-8811, handleykj@ccmh.net) will be a first time mom in September! Congratulations Kim! Alicia Lepard, RN, CDE (307-682-8811, lepardam@ccmh.net) will be presenting at the national Emergency Nursing Association in San Antonio September 15 and 16 on "The DM Epidemic and The Impact on the ECD", and "There's More Then Just Insulin" (medication review). Good luck with these presentations, Alicia!

Fremont County:

Fremont Diabetes Educators (which includes the Wind River Reservation) are busy making plans for American Diabetes month in November. The focus this year is on fitness and they are partnering with the local fitness centers to have clinics/open houses around the county for people with diabetes and those who wish to prevent it.

Fremont County Public Health is the first and only Public Health Nursing Office in Wyoming to use the Diabetes Quality Care Monitoring System (DQCMS) to track patients with diabetes. Cindy Herrera, RN, CDE (307)332-1073,

<u>PHNherrer@state.wy.us</u>) states they use it primarily to record and track A1c results. Congratulations on this innovative approach to public health nursing!

Dr. Angelo Capricchione, Endocrinologist, has been in Fremont County since 2004 and welcomes referrals for patients with diabetes. His address in Riverton is 511 N. 12th Street, phone 307-857-6422. He has expanded his services to clinics in Lander on Tuesday at the Fremont County Pediatric & Allergy Center, 111 Wyoming Street.

Jackson:

St. John's Medical Center Health Institute is sponsoring their second Foot Care Clinic on 8/23/06. In September they are starting a support group specifically for patients with type 1 diabetes. Dr. Walravens continues to come to Jackson from the Barbara Davis Center to provide services to children with diabetes. Maureen Molinari, RD attended the Barbara Davis

Center Conference in Keystone, CO and would be happy to share what she has learned. Maureen states "The Diabetes Quality Care Monitoring System (DQCMS) is amazing! I use it all of the time to send letters to patients, in fact I just used it to send a mass mailing for our foot care clinic. We also use it to report to our Diabetes Advisory Board." You can contact Maureen at(molinari@tetonhospital.org) or Catherine Cullinane, RN (ccullinane@tetonhospital.org) at 307-739-7678.

Kemmerer:

Lynn Rogers, RN, MSN continues to administer South Lincoln Medical Clinic's well-attended and highly successful Diabetic Support Group. SLMC also welcomes Dr. Vincent Hinshaw, DO, as its newest full-time provider. Both Lynn and Dr. Hinshaw can be reached at (307) 877-4496.

Laramie:

Ivinson Memorial Hospital's diabetes educator, Eunice Lambert, RN, has received her CDE! Congratulations Eunice! (307-742-2141 ext. 2237, EuniceL@ivinsonhospital.org).

Powell:

In April Ellen Burbank, RD (307-754-7758, eburbank@pvhc.org) won an award for Recognized Young Dietitian of the Year from the Wyoming Dietetic Association. Congratulations, Ellen!

Thermopolis:

Linda Funk, RN, CDE (307-864-5060,

linda.funk@mail.hscmh.org) is no longer with Washakie Memorial Hospital in Worland. She is now the diabetes program coordinator at Hot Springs County Memorial Hospital in Thermopolis. Linda will continue to provide diabetes education on an outreach basis in Worland and Basin. Linda recently became a certified pump trainer with Mini Med. In response to a community health concern, Linda is rolling out a "Sharps Disposal Program" in Thermopolis, which will allow people in the community to properly dispose of their sharps. The new program will educate the public and provide sharps containers and drop off points for full containers. Linda also does spots pertaining to diabetes on the local radio program "Medical Minute."

Worland:

Sid Muller, Cancer Exercise Specialist, American Council on Exercise Certified Personal Trainer, Clinical Exercise Specialist and Lifestyle & Weight Management Consultant, opened her own fitness/wellness studio named Healthy

U on July 6, 2006. If you are visiting Worland, be sure and stop by and see the studio and congratulate **Sid** on her new venture! (307-347-4114, edandsidmuller@tribcsp.com)

Wind River Indian Reservation:

Please welcome Sandra G. Delehanty, Ph.D. (307-335-5938, Sandra.Delehanty@ihs.gov) as the Wind River Diabetes Program Director. Sandra comes to Wyoming from Phoenix, AZ, and also provides Behavioral Medicine at Indian Health Services. In June, Sandra invited Lorelei DeCora to train the tribal health educators in the Native American Talking Circle diabetes education curriculum. Sandra states that "integrating health psychology into the primary care setting is really forward thinking for a little rural IHS clinic. There is a big push right now on the federal level to address chronic disease more efficiently, and that's what we're all about."

State-wide:

MY HEALTHY FUTURE IS IN MY HANDS - An Interactive Workshop For Improving Diabetes Therapy Self-Management in Seniors is being held around Wyoming during August. The purpose of this workshop is to promote understanding of the medications that are commonly used in people with diabetes. This understanding can help people develop a plan to take control of diabetes and, thus have a healthy future. Activities to emphasize different parts of medication use will be

done. Screening, monitoring, and evaluation will be discussed as part of self-management. The state of Wyoming Aging Division and the University of Wyoming School of Pharmacy are cooperating to provide the workshops. Senior Centers in Buffalo, Powell, Rock Springs, and Torrington will host



this workshop. For dates and locations, please call Linda Gore Martin, 307-766-6128 or visit www.uwyo.edu/pharmacy and click on programs for seniors.

If we left out news about you or your community, we apologize. Please submit <u>What's New With You</u> to Wanda Webb, 307-587-5689 or <u>wwebb@state.wy.us</u> for our next newsletter.



WyADE secures National Chapter Charter Wyoming Educators attend AADE National Meeting

Members of the Wyoming Association of Diabetes Educators (WyADE) executive board, along with diabetes educators from all over Wyoming, attended the American Association of Diabetes Educators national conference in Los Angeles August 8 - 12, 2006. WyADE received their AADE National Chapter Charter in a ceremony attended by all the Wyoming delegates on Friday August 11. According to WyADE President Dian True, RN, CDE, "receiving the AADE National Chapter Charter culminated five years of hard work by Wyoming diabetes educators and leaders. Many diabetes professionals from all around the state have contributed to the success of the WyADE organization, and Wyoming educators can take pride in what we have accomplished to bring state-of-the-art diabetes education to our great rural state." During the conference, educators were able to take advantage of more than 100 various lectures and view new products from the pharmaceutical and diabetes manufacturing vendors.

web: wyoade.com



e-mail: wade@wavecom.net



Upcoming Events

7th Annual Wyoming Diabetes Conference "Cowboy Up for Diabetes!"

Dates: September 14-15, 2006.

Location: Little America Hotel, Cheyenne, Wyoming. Continuing Education: for dieticians, nurses, and pharmacists and CME credit has been applied for. Registration: Call 1-877-733-3618, Ext.1 or for secure online registration visit http://outreach.uwyo.edu/conferences/calendar, scroll down to "Diabetes" and click the "Register Here" button. \$95 on or before 8/31/06; \$110 after 8/31/06.

Wyoming Public Health Association (WPHA) Annual Education Conference, "Public Health in Wyoming: Our Role in Global Health"

Dates: August 26-28, 2006.

Location: Holiday Inn, Sheridan, Wyoming

Featured Speaker: Dr. Michael Osterholm from the Center for Infectious Disease Research and Policy. **Contact:** For more information on the conference or

WPHA, please contact Kurt Galbraith at

kgalbr2@state.wy.us or 307-777-5800; Clay Van Houten at cvanho@state.wy.us or 307-777-5596.

2nd Annual Wyoming Cancer Conference, "Celebrating Hope: Collaborating to Achieve Wyoming's Vision of Cancer Prevention & Control"

Dates: November 2-3, 2006.

Location: Holiday Inn, Sheridan, Wyoming

Lodging: \$60 special conference rate. Room block listed under the "2nd Annual Wyoming Cancer

Conference."

Contact: Jessica Perez at <u>jperez@state.wy.us</u> or (307) 777-7362 to be placed on the conference mailing list

to receive more information.

Tips for handling summer heat for people with diabetes

From Joslin Diabetes Center Released August 3, 2006

Joslin Diabetes Center experts offer the tips for handling summer heat for people with diabetes.

The heat being experienced in many parts of the nation these days is tough enough for the average healthy person, but for the estimated 21 million Americans with diabetes, special precautions may be required, according to experts at Joslin Diabetes Center in Boston. "People with chronic diseases like diabetes as well as people taking certain medications, including heart disease medications and diuretics. which are often used to treat complications of diabetes, are at increased risk of experiencing difficulties in the heat, even though they may not be aware of it," says Catherine Carver, M.S., .N.P., C.D.E, Director of Educational Services at Joslin Clinic.



Carver and her colleagues at Joslin Clinic offer the following tips for people with diabetes during these steamy summer days:

Keep hydrated.
 Dehydration, or the loss of body fluids, can happen on these very hot summer days whether you have

diabetes or not. If you have diabetes, dehydration also can occur when blood glucose is not under control. When blood glucose is elevated, this can lead to an increase in the body's excretion of urine. To prevent dehydration, drink plenty of caffeine-free fluids such as water, seltzer, sugar-free drinks like iced tea, and lemonade. Limit your intake of alcohol.

Watch for signs of heat

- exhaustion, especially if you are working or exercising outdoors. People with diabetes and other chronic diseases like heart disease are more susceptible to overheating. Symptoms include: feeling dizzy or fainting; sweating excessively; muscle cramps; skin that is cold or clammy; headaches; rapid heartbeat; and/or nausea. If you experience any of these symptoms, move to a cooler environment, drink fluids like water, juice or sports drinks (based on your healthcare provider's instructions) and seek medical attention.
- Exercise in a cool place such as an air-conditioned gym, or early in the morning or later in the evening.
- Check blood glucose levels at least four times a day, and more often if you are not feeling well.
 Remember that heat can

- cause blood glucose levels to fluctuate. Carry plenty of water and snacks.
- Store your blood glucose
 meter, strips and insulin in a
 cool, dry place. Do not store
 insulin in extreme
 temperatures. Never store
 insulin in the freezer, direct
 sunlight or in the car or in the
 glove compartment of the car.
 Examine your vial of insulin.
 Clear insulin (Regular,
 Humalog, Novolog, Apidra,
 Lantus, Levimir) should
 remain clear. NPH insulin
 should not have any clumping
 or "frosting" on the vials.

Additional Tips For Insulin Pump Users

• For insulin pump users, excessive perspiration can be a problem in hot weather or during strenuous activities. This can loosen the adhesive securing the infusion set, the part of the device that attaches to your body. If perspiration is a problem, try using a spray of antiperspirant on the insertion site after your usual skin-preparation routine. Others have success with skin -barrier preparations such as Mastisol, Skin-Tac H or a compound tincture of benzoin applied to the skin.

The pump housing provides some insulation from the heat. If you are concerned about heat, you can use a protective pouch with a small, cold gel pack placed inside the pouch as a way to protect your insulin from the effects of heat. If you are spending an extended amount of time in the sun, cover the

pump with a towel to protect it from prolonged direct sunlight. Disconnecting your pump for up to an hour is another option, but if it is disconnected for a longer time, you will need to adjust your insulin infusion rate accordingly to allow for the missed doses.



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